

# HOW DOES CRYOSKIN TECHNOLOGY WORK?



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Cryoskin offers a portfolio of safe, painless, non-invasive, and highly effective services for the beautification of the face and body. Cryoskin services utilize a temperature-controlled massage wand in order to apply cold and heat to the face and/or body to stimulate and facilitate natural body processes which promote a slimmer, more toned appearance.

## CryoToning® vs CryoSlimming®

Both of these treatments use the same Cryoskin device; however, the procedure for each treatment uses different techniques, timeframes, and temperatures that target different layers of the skin producing different outcomes of results.

CryoToning® uses cold massage to smooth, lift, and firm skin, reduce the appearance of imperfections, and improve the skin's overall texture and appearance.

CryoSlimming® uses the application of alternating heat and cold temperatures in order to stimulate and encourage the natural process of releasing fat cells through the lymphatic system. The massage wand is applied using a specialized technique in a localized area, such as the abdomen, thighs, or hips, in order to naturally and painlessly slim, shape, and contour.



CryoToning® works by using the wand set to cold, generally not below  $-2^{\circ}\text{C}$ , to massage the skin. The technician's hand (which is warm) follows the wand manually massaging the areas, which causes the blood vessels to alternate between constriction and dilation. This improves the oxygenated blood flow (microcirculation). The blood vessels are then able to deliver fresh nutritious blood to the other cells; this, in turn, aids in the stimulation of collagen and elastin production and improves the quality of these fibers. This helps build up the skin, making it appear smoother and tighter. CryoToning® is a great treatment to reduce the appearance of cellulite or target areas of loose skin.

The treatment for CryoSlimming® is more localized and focused on slimming and contouring the body. This treatment starts off with the technician warming the treatment area using the warm wand setting, at  $+40^{\circ}\text{C}$ . This preps the area by bringing blood to the surface and preparing the skin for the drop in temperature. Next, there is an immediate controlled drop in the temperature; by using the correct technique, the technician can bring the temperature down quickly to  $-4^{\circ}\text{C}$ , which helps to target the area of concern in a localized way.

After the cold temperature has worked its magic, it's time to warm the treatment area back up for another couple of minutes. This treatment is followed by a gentle massage to aid in the naturally occurring process of releasing the fat cells via the lymphatic system. CryoSlimming® is perfect for the abdomen, flanks i.e. 'flanks', upper and inner thighs, and even a chin!

# Maintain a balanced lifestyle & aftercare

Cryoskin is a simple technology for body contouring --however, treatments are best used as a part of an overall health and fitness program, not as a replacement for exercise and healthy habits.

An ideal scenario for Cryoskin would be a client who maintains a balanced and healthy lifestyle: eating well, exercising regularly, and wanting to focus on a specific area of their body to contour or slim.

A good aftercare routine is a big factor in the success of the treatments and in getting the desired results.

It is encouraged after every treatment and in between each treatment to increase your water intake. A lymphatic massage is also a great follow-up treatment to boost the lymphatic system, remove waste and toxins, and dispose of them via bowel waste, urine, sweat, and breath.

**CRYOSKIN**